

# Nation's First Vietnam Veterans Memorial To Honor Utah Vietnam Veterans

Utah veterans who lost their lives during the Vietnam War will be honored in January 1995 at the DAV Vietnam Veterans National Memorial.

The origin of the Memorial dates back to the death of Victor David Westphall, III on May 22, 1968, in Vietnam. In the late summer of 1968, Dr. Westphall, his wife, Jeanne and youngest son, Douglas, started construction of what was then known as the Vietnam Veterans Peace and Brotherhood Memorial Chapel.

Subsequently, the Disabled American Veterans Organization became interested in the project and ultimately formed the DAV Vietnam Veterans National Memorial, Inc. While the focus of dedication is on Vietnam veterans, veterans of all our nations wars are officially recognized by the Memorial.

Each month, twelve photographs are selected from the collection of photographs on view in the Memorial's Visitor's Center and are placed in the Memorial Chapel. These photographs have been sent to the memorial by the next-of-kin or friends of these deceased veterans.

At the present time, the Memorial has six photographs of the 362 KIA/MIA Utah-Vietnam veterans in the archives and they would welcome more. It is their hope that family and friends will see this news release and be encouraged to send a photograph immediately in order to meet the Dec. 24 deadline.

If by Dec. 24, they do not have 12 photographs from the state of Utah, they will have to select photographs from other states to complete the Honor Roll for January.

In addition to the photographs being placed on display, Governor Leavitt has been asked to send a written statement to be displayed in the Chapel along with the Hawaii state flag.

The Memorial is publicly funded. It is not supported by state or federal governments. With an annual budget of approximately \$160,000, public support is vital to the continued operation of the Memorial. Contributions from any and all sources are needed and most welcome.

A video is shown daily in the regularity and don't deny yourself

## Staying Slim in The Santa Season

Are you dreading every holiday function because this was the year that you finally lost that stubborn 10 pounds? Or maybe you're just anxious about gaining new weight—like you do every holiday season. Don't worry! There are ways to enjoy—yes, enjoy—the holidays without packing on the pounds. (1) Set goals and stick to them. It is very difficult to lose any weight during the holidays, but you should aim to stay at your current weight throughout the holidays. Then, subsidized, you can commit more fully to your weight loss plan. (2) Slow down. When you eat quickly, your body barely has time to notice that it is full. Before you know it, you've over eaten! By eating more slowly, not only get to really savor your food, but your stomach will let you know that it is satisfied. (3) Get exercise very day. You won't need to get to that hour-long aerobics class daily, but parking your car further away from the mall wouldn't hurt. A brisk walk at lunch time or in the evening can help cut your cookie cravings and reduce your stress level. (4) Keep your mouth busy. Drink tea or other low-fat, low-calorie beverages to keep your mouth satisfied. Chewing gum can cut some people's appetites. For snacks, choose low-fat foods like unbuttered popcorn, fruits and raw veggies. (5) Eat regularly and don't deny yourself

from that creamy, mayonnaise-based dip. Opt for nutritious breads (without the butter, of course) and pastas before your head is turned by the fattening cheese and cracker plate. Fried foods, like pizza rolls and fried potatoes, should be avoided at all costs! Not only are these loaded with fat, but they can often cause stomach irritation because of excess oils. Pick fish and poultry over red meat. Don't overlook the fruit tray! Use this special occasion as an opportunity to enjoy out of season fruits that you may not have had for months. (3) Get involved in a conversation. If you are preoccupied by food and eating, chances are that you will want to linger over the hors d'oeuvres. Strike up a conversation and don't let thoughts of food enter in. (4) Don't drink too much. Although alcoholic beverages have no fat, they are high in calories and they can alter your judgment, causing you to pig out unnecessarily. Alcohol also has the tendency to make most people hungry. (5) Just say "no." Do it politely, of course. If you have to deal with a pushy host or hostess (or grandmother) who tries to force more food, just tell the person that you have had everything but that you've had your fill.

However, the Visitors Center is open 9 a.m. to 6 p.m., Wednesdays through Sunday including the months of October-April and from 9 a.m. to 7 p.m., Tuesday through Sunday during the months of May-September.

The Memorial staff welcomes the public to visit and experience the DAV Vietnam Veterans National Memorial located in Angel Fire, NM, just 26 miles east of Taos. For additional information, phone (505) 377-6900 or write to: DAV Vietnam Veterans National Memorial, P.O. Box 608, Angel Fire, NM 87710.

## Battling